



Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

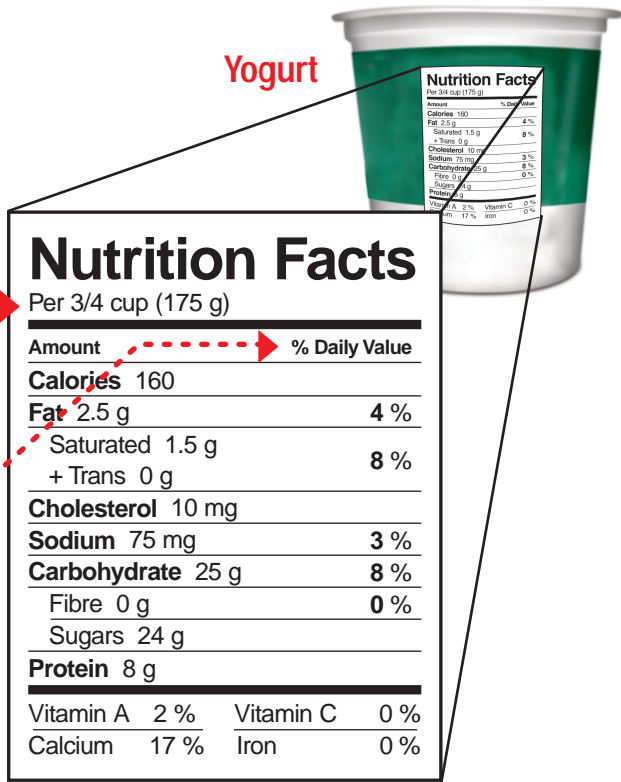
1 LOOK at the amount of food - Nutrition Facts are based on a specific amount of food. Compare this to the amount you actually eat.

2 READ the % DV - The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT** } This applies to all nutrients.

3 CHOOSE - Make a better choice for you. Here are some nutrients you may want...

- | | |
|---|---|
| less of | more of |
| <ul style="list-style-type: none"> • Fat • Saturated and trans fats • Sodium | <ul style="list-style-type: none"> • Fibre • Vitamin A • Calcium • Iron |



Here is an example of how to choose: You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (17% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

